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# Institutional Feeding Managers Stewards-Chefs-Cooks

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## ATTENTION PLEASE !

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### EGGS ON YOUR MENU.

One of the ways to stretch your meat ration, now that most meat cuts have been returned to the ration list, is to use eggs as a meat alternate or as a meat extender. They are plentiful and nonrationed.

Eggs help to promote positive good health and should be included in the daily diet. Rich in protein of high nutritive quality, they are also a good source of iron in a form which is readily assimilated. They are also a relatively rich source of vitamin $B_2$ and a good source of $B_1$, niacin, and vitamin A.

Eggs as alternates or extenders for meat:

When using eggs as alternates or meat extenders, it is important to have the dishes well flavored, served in adequate sized portions, and combined in an appetizing menu. Here are some suggestions:

- Creamed hard-cooked eggs on toast
- Eggs a la king with rice
- Egg croquettes
- Egg cutlets
- Baked omelet. This may be served with a variety of sauces, as cheese, tomato, mushroom, or Spanish sauce, or may be accompanied by strips of crisp bacon, or by a small portion of fried ham.
- Scrambled eggs
- Scrambled eggs with tomatoes
- Scrambled eggs with bits of cooked bacon
- Scrambled eggs with chopped ham
- Scalloped hard-cooked eggs and diced ham
- Scalloped hard-cooked eggs and green peas
- Egg souffle
- Cheese souffle
- Ham souffle
- Tuna fish souffle
- Veal souffle
- Spanish eggs (sliced hard-cooked egg with Spanish sauce)
- Western-style eggs are scrambled with green pepper, minced onion, and a little chopped ham. They may be served plain in a popular hot sandwich.

(over)

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## More Egg Desserts Are In Order

Food managers who know the workers' food preferencesare offering more of the many nutritious desserts made with eggs. Besides making a positive contribution to the food value of a meal, egg desserts offer the last course sweetness desired by most workers. Try these suggestions for egg desserts:

Soft custard served over diced oranges

Apricot whip with custard sauce

Prune whip with custard sauce

Sponge cake

Jelly roll filled with jelly, marmalade, plain cream, or lemon meringue filling

Boston cream pie (plain cake with cream filling or chocolate cream filling).

Meringue cream pies, such as butterscotch, coconut, chocolate, and lemon.

Chiffon pies made with frozen strawberries or raspberries are a flavor treat in midwinter.

Baked custard

Baked caramel custard

Custard pie

Coconut custard pie

Soft custard

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Below are two recipes for egg main dishes. The first is a meat extender, the second a meat alternate.

## Scalloped Ham and Eggs

| Servings | 100 | 500 |
|---|---|---|
| Diced cooked ham | 8 Lbs. | 40 Lbs. |
| Hard-cooked eggs, sliced | 8 Dozen | 40 Dozen |
| White sauce made with -- | | |
| Fat | 1 Lb. 8 oz. | 7 Lbs. |
| Flour | 1 Lb. | 5 Lbs. |
| Milk | 2 gals. | 10 gals. |
| Salt | 2 oz. | 10 oz. |
| Bread crumbs mixed with -- | 2 lbs. | 10 lbs. |
| Melted fat | 8 oz. | 2 lbs. |

Size of portion - 6 ounces

1. Fill greased baking pans with alternate layers of diced ham, sliced hard-cooked eggs, and white sauce. Top with crumbs.
2. Bake in moderate oven at 350°F. for about 30 minutes until the crumbs are browned.

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(over)

## Spanish Omelet

| Servings | 100 | 500 |
|---|---|---|
| Egg Yolks | 6 Dozen | 30 Dozen |
| Egg Whites | 6 Dozen | 30 Dozen |
| White sauce made with -- | | |
| Fat | 1 Lb. 8 Oz. | 7 Lbs. |
| Flour | 1 Lb. | 5 Lbs. |
| Milk | 2 Gals. | 10 Gals. |
| Salt | 2 Oz. | 10 Oz. |
| Paprika | 1 Tbsp. | 1 Oz. |
| Spanish sauce made with -- | | |
| Chopped onion | 8 oz. | 2 lbs. 8 oz. |
| Fat | 8 oz. | 2 lbs. |
| Canned tomatoes | 5 qts. | 2-1/2 gals. |
| Diced clery | 2 Lbs. | 10 lbs. |
| Green pepper, chopped | 8 oz. | 2 lbs. 8 oz. |
| Pimiento, chopped | 8 oz. | 2 Lbs. 8 oz. |
| Salt | 2 tbsp. | 4 oz. tsp. |
| Pepper | 1 tsp. | 1-1/2 tbsp. |

Size of portion - 4 oz. omelet and 2 oz. sauce.

1. Beat the egg yolks until thick and lemon-colored.
2. Beat the whites until stiff but not dry.
3. Add the beaten egg yolks to the cooled white sauce, and mix well.
4. Fold in the beaten whites.
5. Fill greased baking pan two-thirds full.
6. Bake in moderate oven at 325°F. for about 50 minutes, or until well puffed and a delicate brown.
7. Cook the onion in fat until a light brown, add to vegetables and simme until all vegetables are tender.
8. Cut omelet in squares and serve with Spanish sauce.